

حِسَاءُ السَّامْبَارِ بِأَلْوَانِ قَوْسِ قُزَحَ

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التعليم فوق الجميع | education above all

Level 2



تَسْأَلُ الْحَفِيدَةُ جَدَّتَهَا: "مَاذَا سَنَطْبُخُ لِلْغَدَاءِ الْيَوْمَ يَا جَدَّتِي"؟

تُجِيبُ جَدَّتُهَا: "لِنَصْنَعْ حِسَاءَ السَّامْبَارَ بِأَلْوَانِ قَوْسِ قُزَحَ"!

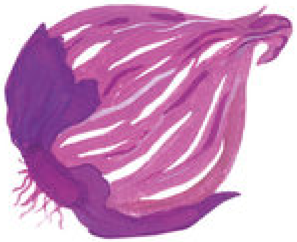
فَتَسْأَلُهَا الْحَفِيدَةُ: "كَيْفَ تُحَضِّرِينَ حِسَاءَ السَّامْبَارِ بِأَلْوَانِ قَوْسِ قُزَحَ"؟!

تُجِيبُهَا جَدَّتُهَا: "سَأُرِيكِ".

سَنَحْتَاجُ إِلَى:

بَصَلِ سَامْبَارَ بَنَفْسَجِيٍّ مُقَرْمَشٍ

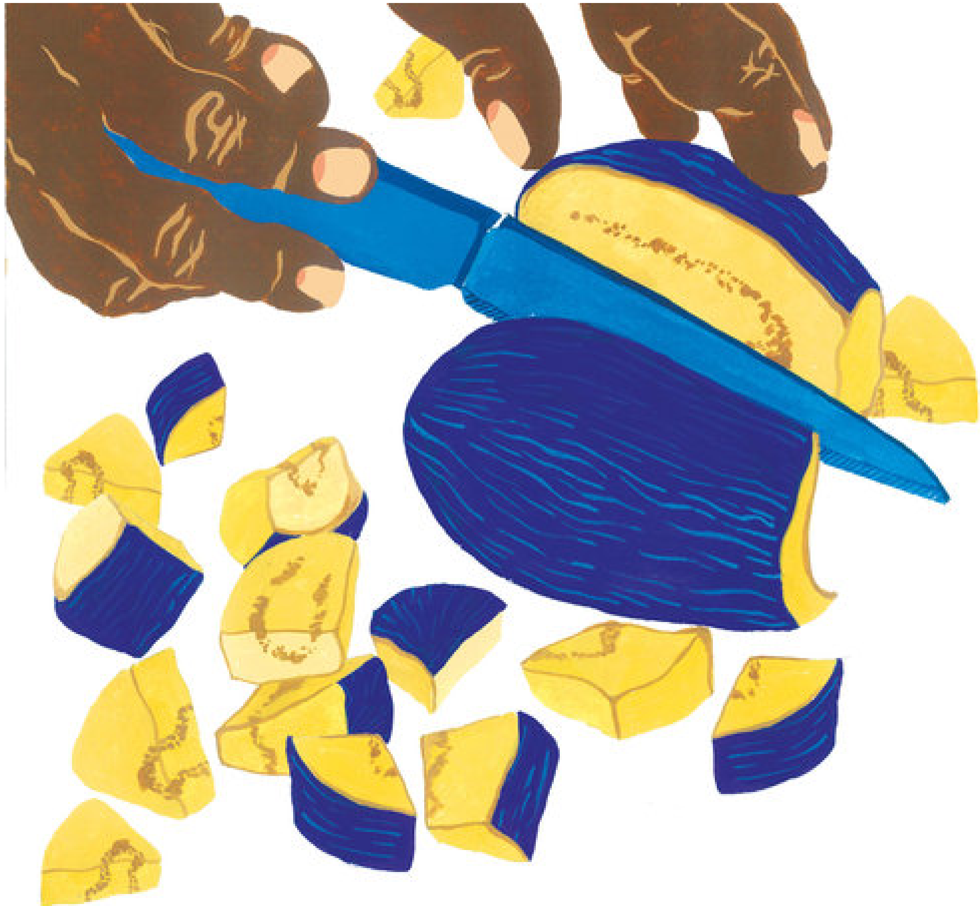




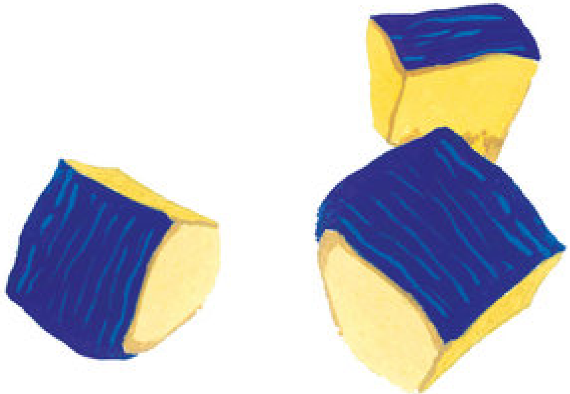
بَاذِنْجَانَ أَزْرَقَ غَامِقٍ







نُقَطِّعُ الْبَاذِنْجَانَ بِاسْتِخْدَامِ سِكِّينَةٍ زَرْقَاءَ

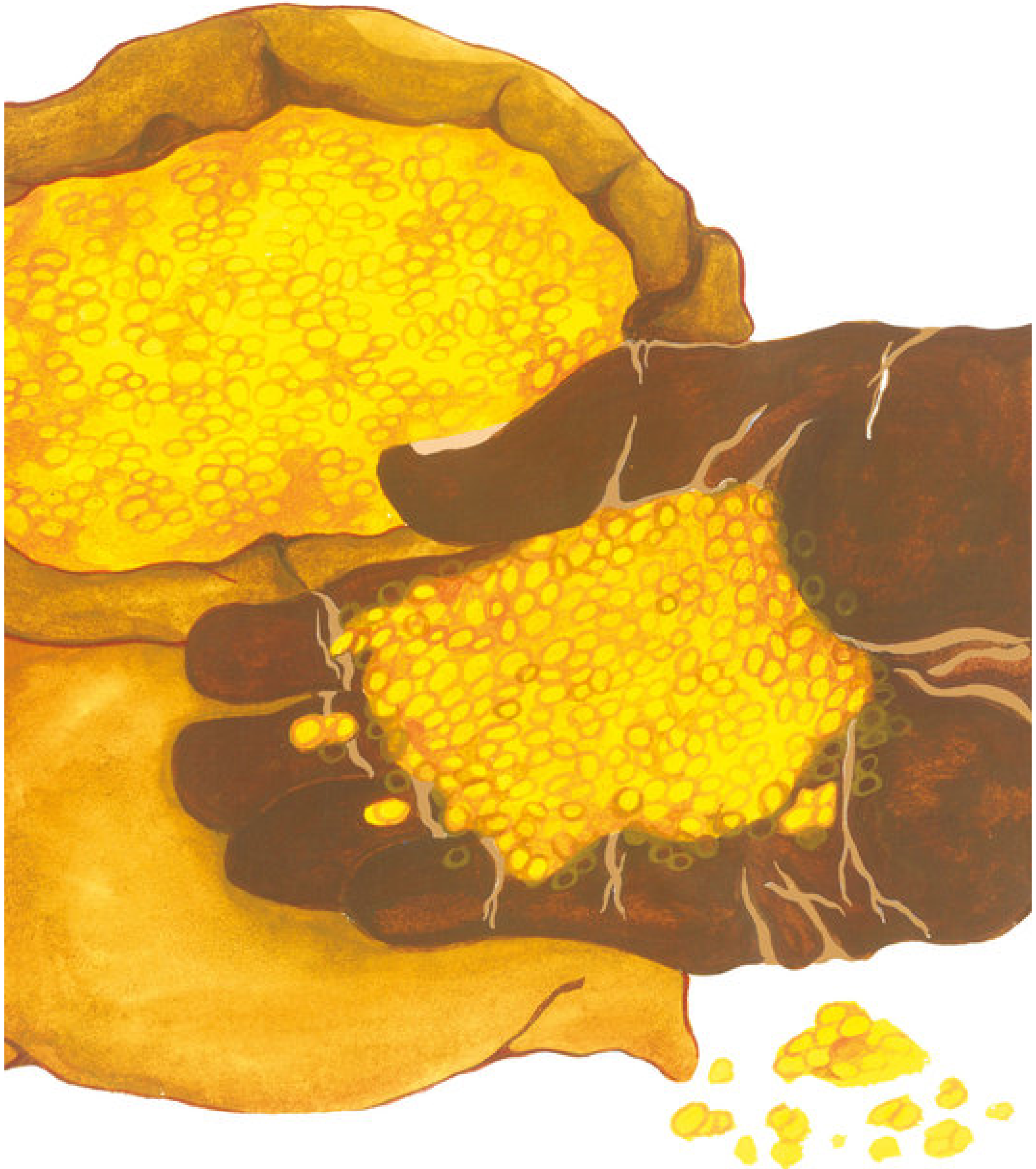






أَعْوَادٍ خَضْرَاءَ رَقِيقَةٍ





حَبَّاتِ الْعَدْسِ الصَّفْرَاءِ



جَزَرٍ بُرْتُقَالِيٍّ مُقَرْمَشٍ





طَمَاطِمَ حَمْرَاءَ طَرِيَّةٍ





نَغْسِلُ الْمُكَوِّنَاتِ ونُقَطِّعُهَا ثُمَّ نَضَعُهَا فِي قِدْرٍ.
نُضِيفُ التَّمْرَ الْهِنْدِيَّ ذَا اللَّوْنِ الْبُنِّيِّ الذَّهَبِيِّ
وَمَسْحُوقَ السَّامْبَارِ الْأَصْفَرِ الْحَارِّ.



نَقْلِيهَا.
نُحَرِّكُهَا.
وَنَتْرُكُهَا لِتَنْضُجَ.



هَكَذَا نَصْنَعُ **حِسَاءَ السَّامْبَارِ** **بِأَلْوَانِ قَوْسِ قُزَحَ!**

Acknowledgements

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حِسَاءُ السَّامْبَارِ بِأَلْوَانِ قَوْسِ قُزَحَ
(Arabic)

مَاذَا سَتَطْبُخُ الْحَفِيدَةُ مَعَ جَدَّتِهَا الْيَوْمَ لِلْغَدَاءِ؟ طَبَقُ الْجَدَّةِ الْمُفَضَّلُ هُوَ حِسَاءُ السَّامْبَارِ بِأَلْوَانِ قَوْسِ قُزَحَ! انْضَمَّ إِلَى الْحَفِيدَةِ وَجَدَّتِهَا لِلِاسْتِمْتَاعِ بِطَبْخِ طَعَامِ الْغَدَاءِ اللَّذِيذِ وَالْمَلِيءِ بِالْأَلْوَانِ.

This is a Level 2 book for children who recognize familiar words and can read new words with help.